

Coaching Tip Number 31

Coaching tips will come out once a month to give you a flavor for what coaches do in an active coach/coachee relationship. If you have others that you would like this tip to go to each month you may send me their name and I will make sure they are added to the distribution list or you may forward this information yourself.

Charting Your Course to Success - Your Date with Destiny by Chris Widener

Destiny. What a powerful word. And the great thing about it? Everyone has one! You have a destiny! Another great thing about destiny? We have a significant role in shaping our own destiny! In essence, you can choose your date with destiny - powerful!

Your destiny is the dream that lies within you of your desired and preferred future. And the things that we choose each day are what lead us to that destiny: Our actions, our words, our attitudes, and our relationships. They all add up to develop and shape that date on which we will reach our destiny.

Here are some thoughts to think about as you work on shaping your Date with Destiny:

The Mental Question: Do you believe that you can achieve a life of abundance? The frank truth is that many people simply do not believe that they can achieve what lies in their heart. Success is for someone else, a better person, or a smarter person. This is not true and is perhaps the greatest obstacle we face on the journey to our destiny. If we are to achieve the abundance in life we must first believe we can, or face our own continual self-sabotage of what a college professor of mine called "stinkin'-thinkin'."

Here is the truth:

It doesn't matter what your intelligence is.

It doesn't matter what your current resources are.

It doesn't matter what you currently earn.

It doesn't matter what family you came from.

Nothing in your current circumstances matter in whether or not you can achieve your destiny! Nothing! Now, your current state may make it a longer or harder journey than someone else, but the possibility is always there no matter what your current circumstances are.

And that is the message we need to continually tell ourselves. "I can do it." Not "I can't do it."

Clear vision. Do you have one of your destiny? Here are some questions to determine whether or not your vision is clear.

Can you describe it in intricate detail?

Can you "see" it?

Can you "feel" it?
Can you "hear" it?

Here are a couple of illustrations.

Perhaps you came from a dysfunctional family and your dream is to have great moments with your family. Let's start with a Thanksgiving meal. Can you see each person there? What are they wearing? Are they smiling? What is the conversation? Can you hear the laughter? Can you experience the joy? Can you smell the turkey? Can you see people hugging each other and saying "This was wonderful," as they leave?

Another scenario: Your company. Can you see the large building you are in? Can you see the workers? Can you feel the positive attitude they have as they carry out their work? Can you experience the excitement as you get the quarterly results? Can you see yourself handing out healthy bonuses that bring pleasant surprises to your employees?

This is where it begins. A clear vision of your destiny.

Consider your resources. Are you aware of the resources you will need in order to set your date with destiny? Do you know how you will go about getting them? What are your natural gifts and talents that you have? How can you best utilize them in achieving your destiny?

What are your current level of resources?

Money?

Time?

Emotional health?

Help from others such as friends, family, employees or volunteers?

What will be your needed future level of resources? And have you developed a plan to achieve this level?

The last thing I would encourage you to do is fix a date in the future that you believe you could believe you will be living your destiny by. A real date. What this enables you to do is then begin to work backwards in setting goals to move you along the way, proving you with future points to strive for and evaluation point to reflect upon. Here are the points again:

Answer the mental question: Do I really believe?

Develop a clear vision.

Consider the resources needed.

Set a date with destiny.

Develop a plan to get there.

Chris Widener internationally recognized speaker, author and radio host.